If you were exposed to COVID-19...

1. Stay home.
2. Watch for symptoms.
   - Fever
   - Cough
   - Shortness of breath
   - Chills
   - Muscle pain
   - Headache
   - Sore throat
   - Loss of taste or smell

Symptoms appear 2 to 14 days after exposure.

[Calendars showing dates 1 to 14]

If you have COVID-19 or COVID-19 symptoms...

1. Stay home.
2. Don’t go to work or visit with others outside your home.
3. Call your doctor if you have symptoms, especially if you are over 65, have other health conditions, or are pregnant.

Stay in isolation until...

1. **24 hours** after your fever is gone without using medicine.
   - **AND**
   - Your other symptoms have improved (for example, cough or shortness of breath).

2. **Ten days** after your symptoms started.

[Calendars showing dates 1 to 10]

How long do I have to stay home? (Fill in the blanks)

<table>
<thead>
<tr>
<th>Date I first felt sick:</th>
<th>Date 10 days later:</th>
<th>My fever was gone on:</th>
<th>Date 24 hours later:</th>
<th>My other symptoms got better on:</th>
<th>Circle the latest date. Stay home until:</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXAMPLE</td>
<td></td>
<td>EXAMPLE</td>
<td></td>
<td>EXAMPLE</td>
<td>EXAMPLE</td>
</tr>
<tr>
<td>April 10</td>
<td>April 20</td>
<td>April 15</td>
<td>April 16</td>
<td>April 21</td>
<td>April 21</td>
</tr>
</tbody>
</table>

Missouri Department of Health and Senior Services
health.mo.gov/coronavirus
877-435-8411

An EO/AA employer: Services provided on a nondiscriminatory basis. Individuals who are deaf, hard-of-hearing, or have a speech disability can dial 711 or 1-800-735-2966.